

CBP Officer Pre-employment Fitness Test-1 (PFT-1)

Welcome to the pre-employment fitness test for Customs and Border Protection Officer applicants. The Pre-employment Fitness Test-1 battery consists of 5 physical abilities tests administered in two parts.

Part One is administered in the following order:

Push-up Test

Side Step Test

Sit-up Test

Lift/Lower Test

Part One is scored using a compensatory or cumulative scoring system. The number of cycles you complete during the push-up, side step and sit-up tests and the amount of time it takes you to complete eight lift/lower cycles will be tallied and a total score for that test will be assigned.

Each test score in Part One will be added together for a final cumulative score. **You must earn a score greater than zero on each test and a total cumulative score of at least 80 on Part One and pass Part Two to pass the Pre-employment Fitness Test-1.**

Part Two of the pre-employment fitness test-consists of only the Step Test which is scored as a Pass/Fail.

You must successfully complete the Step Test and have a passing cumulative score in Part One to pass the pre-employment fitness test. The Test Administrator **will not** be able to calculate or provide your score.

There will be three minutes between tests during this time you will be given instructions on how to perform the next test.

It is critical that you understand that the Pre-employment Fitness Test-1 is only one step in the applicant screening process. You must keep yourself in top physical condition from now on to ensure that you can successfully complete the rigorous requirements of the U.S. Customs and Border Protection Field Operation Academy and perform the job duties of a CBP Officer.

Part One:

Instructions for the Push-Up Test

You must complete as many proper form push-ups as possible, with a minimum of 12 in 60 seconds.

You will start in the up position with elbows locked, hands spaced shoulder width apart with your head up and with your thumbs aligned with the crease of the shoulder.

- Your body must be kept in a straight line with the feet close together throughout the test.



- The depth of the push-up will be measured by using a four inch high foam block.



- Your sternum, also known as the breastbone, must touch this block on each repetition, keeping your body straight, drop down until your sternum touches the foam block then maintaining a straight body, push up until the elbows are straight.



- Returning to the up position with elbows locked completes one push up.



- If you need to rest, do so only in the up position as seen above.

The test administrator will use a CD that includes an audio tone and verbal instructions, and it will instruct you when to start and stop this test.

The test administrator will count properly performed repetitions out loud during the test. The administrator will also tell you when a push up did not count and instruct you in proper performance. For example: “That didn’t count; elbows must be straight in the up position.”

Remember: Push-ups done with sagging back, raised buttocks, or with feet spread wide apart will not count.



Additionally, half push-ups such as if you fail to touch the foam block or do not come all the way up to a straight elbow position also will not count.

While push-ups done incorrectly don’t count, you may continue to perform push-ups until time expires.

The test will stop when 60 seconds has expired, or when you stop because you can’t perform any more push-ups, or when either knee or both knees touch the floor.

Instructions for the Side Step Test

For the Side Step Test, you will be required to complete two 10-second trials with a 20 second rest period between the first and second trial. You should complete as many outside touches as possible with a minimum of 8 in 10 seconds.

The highest number of outside line touches and center line crosses of the two trials will be recorded as the final score. You must complete a minimum of 8 outside line touches and center line crosses in at least one of the trials to get a passing score.

Stand erect in the taped area, straddling the center line.

You will slide or side step to one side until the closest foot touches or crosses the outside line (Figure 1). Then slide in the opposite direction crossing the center line (Figure 2) until the closest foot touches the other outside line (Figure 3).



You cannot cross your feet or turn your torso to the side. You may turn your head, but not your torso. If you cross your legs, or turn your torso during the test, the trial will be stopped and you will receive a zero for that trial.

Instructions for the Sit-Up Test

You must complete as many proper form sit-ups as possible with a minimum of 20 in 60 seconds.

- Start with your back flat on the floor and your knees bent at a 90 degree angle. There should be an 18 to 21 inch separation between your heels and buttocks.
- Place your hands behind your head with the fingers straight and the palms touching or cupping the ears to assume the proper down position.



- The test administrator will hold your feet during the test, count properly performed repetitions out loud during the test, inform you when a sit-up did not count and instruct you in proper performance. For example: "That didn't count; touch your shoulder blades to the floor."



- To get to the required up position contract your abdominal muscles so as to lift your head and upper body off the floor to the point where your elbows touch your knees or upper thighs.



- Let the weight of your head rest on the fingertips throughout the sit up.
Do not pull or jerk with your hands to assist in the sit up as it may cause neck strain or injury.



- Then return to the starting position, making sure that your shoulder blades touch the floor. This completes one repetition.



If you get stuck in the down position immediately pull yourself to the up position with your hands placed behind your knees. This sit up will not count nor will the return to the starting position, following this assisted movement.



Remember: Sit ups that will not count will include those where the buttocks are raised off the floor, the arms are used to get from the down position to the up position, and half sit ups where you fail to touch your elbows to your knees or upper thighs or you fail to touch your shoulder blades to the floor.



While sit ups done incorrectly don't count, you should continue to perform sit ups until time expires.

The test will stop when 60 seconds has expired, or when you stay down with your back on the floor for 3 seconds or more, or when you stop because you cannot perform any more sit ups.

Instructions for the Lift/Lower Test

This test requires that you complete eight lift/lower cycles as safely and as quickly as possible in one minute. Please note that the test will stop if you are unable to perform the required lift/lower cycles in one minute.

The Test Administrator will time the test. During the test you will NOT be given detailed commands. You will only be instructed to begin the Lift/Lower Test.

A lift/lower cycle consists of lifting a 50-pound crate from the floor to a 30-inch high table by moving your feet to turn to place it on a table, releasing the grip, re-gripping the handles, lifting the crate, moving your feet to lower the crate to the floor.

- Place your feet slightly to the outside areas of the crate so that you can keep the crate as close to your body as possible. When instructed to do so, use good posture by "fixing" your back in a relatively straight posture.



- Lift the crate off the floor. Lift and lower using your leg muscles to extend (straighten) and flex (bend) your knees.



- Move your feet when positioning the crate on the table. Avoid twisting your spine. Place it on top of the 30-inch high table.



- Briefly release your grip.



- Then, re-grip, and move the crate back to the floor and briefly release your grip.





- This completes one lift/lower cycle. Count aloud each time you complete a cycle.

Instructions for the Step Test

The Step Test is the final test in the Pre-employment Fitness Test-1 Battery.

You will be required to step up and down on a twelve inch high step, at a cadence of 120 steps per minute for 5 minutes.

There are four commands that you need to listen closely for:

“Ready” is the preparatory or heads-up command.

“March” is the command to begin marching in place.

“One, two, one, two” provides the march cadence.

"Up, up, down, down" describes the action of stepping onto and off of the bench.

- You will be allowed a practice opportunity to step in cadence. The Test Administrator will stand next to you (on the floor) during the practice and will direct you to start stepping in place while keeping cadence, marching with you.



- When it is time to step onto the bench the test administrator will take a high step and move his or her hands in an upward motion to indicate the transition from marching to bench stepping. When you see the high step and upward hand movement, step onto the bench.



- Once the practice session is over, the Test Administrator will move to a position in front of you to observe the timed test.



Instructions on the CD will direct you to start the timed step test.

Step up with the lead foot followed by the lag foot. Step down with the lead foot followed by the lag foot.

Step to the cadence and continue stepping for 5 minutes. Stop only when instructed to do so on the CD or by the Test Administrator.

You may switch your lead foot at any time, but are not required to do so. If you are unable to switch your lead foot in cadence, just keep stepping. You will not fail for not switching feet, but you will fail if you stop moving.



The Test will stop if:

You cannot continue stepping for the entire 5 minutes.

You are unable to maintain the stepping cadence (up, up, down, down) in accordance with the audio CD for more than six sequences within the entire 5 minute test.

You are unable to maintain the stepping cadence (up, up, down, down) in accordance with the audio CD for at least three consecutive sequences.

You push on your legs to assist in stepping.



Customs and Border Protection Officer (CBPO) Pre-employment Fitness Test-1 (PFT-1) Standards

The CBP Officer PFT-1 is divided into two parts and that each part is scored separately. Part 1 consists of four tests: (1) 60-second push-up test; (2) 60-second sit-up test; (3) two 10-second side step tests; and, (4) 60-second lift-lower test, during which the candidate will be lifting a crate weighing 50-pounds from the floor to a 30-inch table and back to the floor for 8 repetitions. Part 2 consists of one test, a 5 minute step test in which the candidate must complete in cadence at 120 beats per minute. Each part of the PFT-1 is scored separately. Candidates must achieve a minimum cumulative score of 80 points on Part One while scoring higher than 0 on every component, and must successfully complete Part Two in order to pass the PFT-1.

Part One is scored using the following scoring tables:

PUSH-UP TEST	
Reps in 60 Seconds	Score
0-11	0
12	17
13-14	18
15-16	19
17	20
18-19	21
20-21	22
22	23
23-24	24
25	25
26-27	26
28-29	27
30	28
31-32	29
33-34	30
35	31
36-37	32
38	33
39-40	34
41-42	35
43+	36

SIDE STEP TEST	
Line touches/ crosses in 10 seconds	Score
0-7	0
8	4
9	12
10	20
11	28
12+	36

SIT-UP TEST	
Reps in 60 Seconds	Score
0-19	0
20	15
21	16
22	17
23	18
24	19
25	20
26	21
27	22
28	23
29	24
30	25
31	26
32	27
33	28
34	29
35	30
36	31
37	32
38	33
39	34
40	35
41+	36

LIFT/LOWER TEST	
Seconds to complete 8 Cycles	Score
61+	0
60	8
59	9
58	10
57	11
56	13
55	14
54	15
53	16
52	18
51	19
50	20
49	21
48	22
47	24
46	25
45	26
44	27
43	29
42	30
41	31
40	32
39	34
38	35
37 and less	36

REMINDER:

To pass the CBPO PFT-1, the candidate must:

- Earn a score greater than zero in each component of Part One, **AND**
- Earn a cumulative score of at least 80 points in Part One, **AND**
- Successfully pass Part Two, the 5-minute step test

**CBP OFFICER (CBPO)
FIRST FITNESS (PFT 1) STANDARDS**

Pre-employment Fitness Test-1 Compensatory		
Test	Repetitions	Time Frame
Push-Ups	12	1 minute
Side Step	8 line touches/crosses	10 seconds 2 Trials
Sit-Ups	20	1 minute
Lift Lower	8	1 minute
12" Step Test	120 steps/min	5 minutes